

Provider Performing:

Dr. Jay Kamath

Date of Exam: _____

Arrival Time: _____

(YOUR TIME MAY CHANGE ACCORDINGLY)

Golytely Instructions for Colonoscopy

Please expect to be at the center for NO LESS than 3 hours.

Your procedure has been scheduled at:

<input type="checkbox"/> Bay Area Endoscopy Center 5771 49th St. N St. Petersburg, FL 33709 727-528-2261	<input type="checkbox"/> Northside Hospital 6000 49 th St. N St. Petersburg, FL 33709 727-521-5158	<input type="checkbox"/> St Pete General 6500 38 TH Ave. N St. Petersburg FL 33710 727-384-1414
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To ensure a successful exam, please follow all instructions carefully.

Remember, your procedure WILL be rescheduled if:

- ✓ You do not follow **ALL** prep instructions.
- ✓ You do not complete your **ENTIRE** preparation as instructed
- ✓ You do not have a ride home (it **MUST** be an adult friend or family member that **DRIVES** you)
- ✓ **If you take a TAXI or UBER you MUST have an adult friend or family member accompany you.**
- ✓ You are **NOT** able to take a Bus

❖ Your adult friend or family member that drops you off/ picks you up, MUST stay within a 30 minute distance of the procedure center.

We are requesting clearance from your specialist. You are **NOT** to stop any medication without clearance. We will contact you with instructions of when to stop any medication

7 DAYS PRIOR TO YOUR PROCEDURE

STOP taking any supplements/medications containing iron.

NSAIDs, Ibuprofen, Advil, Aleve, Motrin, Celebrex, Naproxen, Fish Oil, and Vitamin E.

(If you take Aspirin 81mg, you may continue to take this)

DO NOT EAT ANY NUTS SEEDS OR POPCORN!

PURCHASE THESE ITEMS AHEAD OF TIME:

-Golytely Solution (this will be a prescription at your pharmacy)

Turn Over



INSTRUCTIONS FOR YOUR PROCEDURE

1 Day Before

Upon waking up:

- ❖ Begin a clear liquid diet
- ❖ **NO RED OR PURPLE**

You may have:

- ✓ Coffee or Tea (**NO** milk or creamer)
- ✓ Pulp Free Juice (apple, white grape)
- ✓ Broth or Bouillon
- ✓ Kool-Aid or Crystal Light
- ✓ Jell-O (**NO** added fruit or toppings)
- ✓ Popsicles or Italian Ice
- ✓ Carbonated Drinks (Coke, Pepsi, Sprite, Diet or Regular)

At:

3:00 pm take **BOTH** Dulcolax tablets (provided by the office)

4pm start drinking 8oz of the solution every 10-15 minutes. You can expect to have diarrhea, you are to continue drinking the entire preparation! This will take about 4 hours to complete. Do **NOT** take anything to stop the diarrhea.

- ✓ **DIABETICS ON INSULIN:** Only take **HALF** your morning dose of insulin. If you are on long-acting insulin, **DO NOT** take your night dose.



NOTHING TO EAT OR DRINK AFTER MIDNIGHT. YOU MAY HAVE WATER!

The Day of Your Procedure

You **MAY** take your morning medications as usual (which includes blood pressure, cholesterol, depression, anxiety, seizure medication, thyroid medication, ETC.) (DO NOT take NSAIDS or Blood thinners)

YOU MAY CONTINUE TO HAVE WATER UP TO 3 HOURS BEFORE YOUR ARRIVAL TIME!

If you are **DIABETIC, DO NOT** take any oral diabetic medications or insulin

If you have any questions please do not hesitate to call **727-443-4299**

NOTE:

In the event that a biopsy needs to be performed, there will be additional charges from an outside pathology lab.